

A Senior Safety Reminder from



Milwaukee County
Department on Aging

**ANYTHING
can happen!**

FLOOD

TORNADO

BLIZZARD

FIRE

TOXIC SPILL

STORM

**ARE
YOU
Prepared?**

IT'S AS EASY AS:

1 STAY INFORMED

2 HAVE A PLAN

3 KEEP A KIT

Milwaukee County Department on Aging and the American Red Cross
of Southeastern Wisconsin offer this information as suggestions for your safety.

FILL OUT THE EMERGENCY INFORMATION CARD

**INCLUDED WITH THIS BOOKLET.
KEEP IT WITH YOUR KITS.**

**In a disaster
CELL PHONES AND CORDLESS PHONES
MAY NOT WORK**

Use a land line phone
with a phone cord that can be plugged directly into a phone jack.

PLAN FOR YOUR PETS



Pack a kit for your pet(s) too! Include:

A current photo of you with your pets

Collar with ID tags
Leash
Medications
Food/water/bowls
Litter and litter pan

Pet carrier
Blanket/pet bed
Toys
Veterinary information

More information at:

Ready Wisconsin
www.ready.wi.gov

Citizens & Organizations
Active in Disaster
of Southeastern Wisconsin
www.coadwi.org

Red Cross
in Southeastern Wisconsin
www.redcrossinsewis.org

Milwaukee County
Department on Aging
www.milwaukee.gov/county/aging

1 STAY INFORMED

Important!

A BATTERY RADIO, A FLASHLIGHT
AND EXTRA FRESH BATTERIES

If power is out - the radio may be your ONLY
link to information

KNOW

● WHAT'S COMING

Keep watching and listening to weather and news

● EMERGENCY OR EVACUATION PLANS

YOUR PERSONAL PLAN SHOULD INCLUDE:

- Home health or other care providers.
- Building management
- Emergency Evacuation Plans

Be sure to get this information at least once a year

(SEE SECTION 3: KEEP A KIT)

● YOUR PERSONAL EMERGENCY SUPPORT TEAM

Talk with family and friends: find out who **will help**

- Friends and Neighbors
- Local Community Contacts
- Church groups

Leave an extra house key with a trusted friend or relative

SAFETY INFORMATION

Family, Friends and Neighbors, Church

Name/Location

Phone

Service Providers/Residential Management

Name/Location

Phone

Emergency Response Contacts

Name/Location

Phone

City/Town/village	
Police	
Fire	
Health Department	
Social Service Information (non medical)	Dial 211

2 HAVE A PLAN: Be ready for ANYTHING

TO BE SAFE AT HOME

Listen to news and weather reports.

Use common sense.

Stay home if it is too dangerous to leave.

Remain Calm

PLAN

FOR SHELTERING SAFELY AT HOME

- Keep three days of food, water and medications on hand
- Check freshness on food and supplies and change as needed
- Change stored water every three months

KNOW

THE SITUATION

- Listen to the news. If the power is out use the battery radio.
- Cooperate with emergency responders in your community.

CONTACT

YOUR SUPPORT TEAM

- Let people know where you are.
- Have them call you to check up on you.



REMEMBER

DIFFERENT TYPES OF DISASTERS

- Never leave during an emergency unless you have help.
- If power goes out stay as warm or as cool as possible depending on the season.
- Use the phone to call for assistance until you contact someone.
- If the phone is not working put a HELP sign in a window to alert people that you need help.

IN CASE YOU HAVE TO LEAVE YOUR HOME

Keep your essentials in one place.

Store your eyeglasses, hearing aid and other important items in a bag near your bed.

PLAN

FOR MOVING OUT

- Decide in advance where you might go.

KNOW

YOUR OPTIONS

- Check and update your evacuation kit supplies regularly.
- Be aware of how to get transportation you might need.

CONTACT

YOUR SUPPORT TEAM (friends, family, neighbors, church)

- Let people know where you are going.

REMEMBER

IMPORTANT DOCUMENTS AND PERSONAL ITEMS.

- wallet/cash/atm cards
- bank account information
- identification-passport, birth certificate, etc.
- insurance cards
- copies of prescriptions
- medications
- address book
- cell phone and charger
- spiritual book
- personal kit

3 KEEP A KIT

ESSENTIAL SUPPLIES

FOR THREE DAYS

Water

1 person: three gallons

Food

Three day supply
Non perishable
(instant or no cooking needed)
Manual can opener

First Aid Kit

Buy or make your own

Whistle

To signal for help
if you are trapped
or unable to get out

Medications

One week supply if possible. Have copies of all prescriptions and dosage instructions. If you have other medical needs write them down and keep them in your kits.

Flashlight and fresh batteries

Battery Radio and fresh batteries

PERSONAL COMFORT AND HYGIENE

Blanket or sleeping bag
Towel/wash cloth
Moist towelettes/hand sanitizer
Plastic garbage bags/duct tape/ties
Toilet paper
Soap
Toothpaste/denture cleaner

Denture supplies
Eyeglasses
Hearing Aid and extra batteries
Medications for ONE WEEK
Assistive Devices, wheelchair,
walker, cane, etc.
Portable oxygen

DOCUMENTS

Put copies of all essential documents in a plastic zip bag

Medicare/insurance information
Support team contact information
Bank information
Social Security Information
Power of attorney
Will/Deeds

Copies of all Prescriptions
Health instructions
•Medical history
•Allergies
•Other information
Emergency Information Card

EMERGENCY ESSENTIALS CHECKLIST

SAFE AT HOME

- ☐ Water
Three gallons for each person
(one gallon a day)
- ☐ Food
non perishable / no cooking
for three days
- ☐ Medications
keep at least a three day supply at
all times
- ☐ First Aid Kit
- ☐ Whistle
- ☐ Flashlight / batteries
- ☐ Radio / batteries
- ☐ Blankets and warm clothing
- ☐ Medical supplies/equipment
- ☐ A land line phone that does not
need batteries or charging.
(not wireless or cordless)
- ☐ Manual can opener
- ☐ Markers and tape in case you
need to make a help sign

EVACUATION ESSENTIALS

- ☐ Wallet/Identification
- ☐ Flashlight / Batteries
- ☐ Radio / batteries
- ☐ Credit/debit cards
- ☐ Cash/checkbook
- ☐ Blanket
- ☐ Towel/wash cloth
- ☐ Moist towelettes
- ☐ Hand sanitizer
- ☐ Plastic garbage bags
- ☐ Toilet paper
- ☐ Soap
- ☐ Toothpaste/denture cleaner
- ☐ Denture supplies
- ☐ Eyeglasses
- ☐ Hearing Aid / batteries
- ☐ Medications for 1 week
- ☐ Prescription Copies
- ☐ Assistive Devices
- ☐ Documents
- ☐ Pet Needs